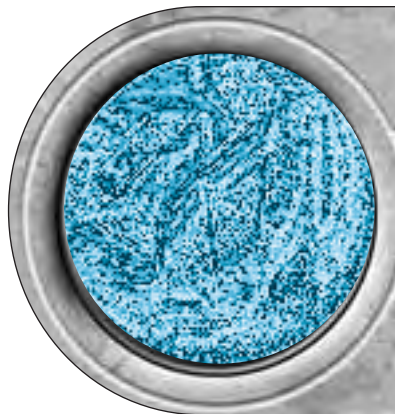




SUBSTANCE AND OTHER BODY ABUSES

Get a Life!

March 12, 2011

1 PREPARING

A. THE SOURCE

1 Corinthians 6:19, 20 (NIV) • “Your body is a temple of the Holy Spirit, who is in you, whom you have received from God [.] You are not your own; you were bought at a price. Therefore honor God with your body.”

(See additional passages in student material.)

B. WHAT'S TO BE SAID ABOUT “SUBSTANCE AND OTHER BODY ABUSES”

Unfortunately in this world there are more and more things for an adolescent to be involved in at a younger and younger age. When they were a toddler, their parents could block the door to keep them from encountering dangerous situations for which they were not prepared. Now that they are older it is harder to shield them from dangers, because the dangers come into our homes with the click of a mouse or the flick of a remote. Since it's becoming increasingly difficult to keep the world out, the best thing adults can do is to give young people the tools they need to deal with the onslaught of choices coming at them. These include love, discipline, decision-making tools, uplifting activities, opportunities to grow, modeling of appropriate behavior, chances to express themselves, information about the dangers of various practices,

and a willingness to help and forgive if they fall.

C. WHERE WE'RE GOING WITH “SUBSTANCE AND OTHER BODY ABUSES”

As a result of this lesson we would like the students to be able to:

1. Know that using tobacco, alcohol, and other drugs, and engaging in premarital sexual activity are destructive behaviors, and inappropriate for agents of the kingdom.
2. Know that while some substances should never be used or activities engaged in, others must be done in moderation or they can be just as destructive to the spiritual life.
3. Make a decision to avoid destructive behaviors.

D. MATERIALS NEEDED

Beginning • (Activity A) a beautiful jug or other container; another simple container of tea, juice or pure water; glass, cup, or dipper; teaspoon of sand, mud, or dirt; (Activity B) several rolls of toilet paper, or several feet of string or twine, or several long lengths of cloth or scarves.

Connecting • Bibles, student lessons.

Applying • Stacks of small cards or sheets of paper, pencils, masking tape or string/twine and stapler.

2 BRIDGING

A. WHERE WE'VE BEEN BEFORE

Allow 10 minutes as students are arriving to:

1. Ask them which verse they chose to learn from Wednesday's portion of their lesson. Give them opportunity to say their verses from memory.
2. Give the students opportunity to "quote" themselves, using what they wrote in the Monday portion of their lesson. Be sure to debrief them about any quotations that might not reflect the Christian life accurately. However, quotations of this nature do not occur in every lesson.
3. Review responses that they and others made to the scenario that was posed on Sunday. Discuss the variety of responses, ending with thoughts from last week's What's to Be Said About . . . in the teacher lesson.

If you have a very large group, have adults available to process this section with smaller groups of students.

B. OTHER SABBATH SCHOOL COMPONENTS

- >> Song service
- >> Mission emphasis (find a link for *Adventist Mission for Youth and Adult* at www.realtimefaith.net)
- >> Service project reports

3 BEGINNING

NOTE TO TEACHER: Put together your own program with options from the categories below—Beginning, Connecting, Applying, and Closing. Please keep in mind, however, that the students need to have an opportunity to be interactive (participate actively *and* with one another) and to study from the Word. At some point you should distribute or call their attention to their

student lesson for this week.

A. BEGINNING ACTIVITY

Get ready • Obtain a beautiful jug or other container; another simple container of herb tea, juice or pure water; glass, cup, or dipper; teaspoon of sand, mud, or dirt.

Get set • Show your group the container. Describe to them its beauty, worth, etc. Describe its uses.

Go • Pour the drink into it.

Ask: Who would like to take a drink? Why would you like it? Pour a small amount into a cup and let the student take a sip or two.

Ask: How was it? Was it good?

Add one teaspoon of sand, mud, or dirt (or any other disgusting substance) to the drink in the beautiful container and offer the same student some more of the drink. Emphasize how good the drink is and what other delicious substances are in the drink and how small an amount of the dirty substance is now in it.

The student will probably refuse the drink. If someone is likely to try it, stop them before they try.

Debriefing • Ask: Why don't you want to drink it anymore? (It's dirty, unsafe.) **Why does such a small amount of sediment make a difference?** (Because it is no longer pure. It doesn't take much to ruin the drink.)

Present the following ideas in your own words.

As agents of the kingdom, we want to keep ourselves pure for God. We don't want to defile ourselves with things such as tobacco, alcohol, and other drugs, or sex before marriage. In the same way that we would not want to drink something with an impurity in it, despite whatever good things it was made of, we should not allow unholy things into our lives. Even things like watching too much or the wrong things on

TV or spending too much time playing video games can defile us if we are not careful.

James 1:27 (NLT) says, “Pure and lasting religion in the sight of God our Father means that we must . . . refuse to let the world corrupt us.”—Adapted from the Web site of The Source for Youth Ministry; <http://www.thesource4ym.com>

B. BEGINNING ACTIVITY

Get ready • You will need several rolls of toilet paper or several feet of string or twine or several long lengths of cloth or scarves

Get set • Invite one of your students to come to the front of the room, telling them they are going to be tied up.

Go • Have several other students join in with rolls of toilet paper or string/twine or scarves and wrap them securely around and around the first student. Then have the student try to free themselves.

Debriefing • Ask: Why was it so hard for [student’s name] to get unwound? (There were a lot of layers; it was tight.) **How did you feel when you were being wrapped up?** (Scared. Thought it was funny. Couldn’t walk or move.) **How did you feel when it was hard to get out?** (trapped, claustrophobic, powerless)

Say: Destructive habits like using tobacco, alcohol, and other drugs or engaging in sex before marriage can trap us. At first these things may feel good or be fun, but after awhile they may cripple us and we can’t break free from them. Even things like watching too much TV or spending too much time playing video games can trap us as we will find out in today’s lesson.—Adapted from the Web site of The Source for Youth Ministry; <http://www.thesource4ym.com>

C. BEGINNING ILLUSTRATION

Read the following story. (Note: Blur is pronounced with a hard g at the end.)

JJ loved to blurg. Blurg made him feel good. The more he blurred, the more he wanted to blurg. And he needed to blurg even more just to feel normal. Soon he was blurg all the time. He would rather blurg than eat, sleep, or be with his friends. He tried to get his friends to blurg, but when they wouldn’t, he kept blurg by himself. When he went to buy his blurg supplies, he met some other people who were interested in blurg too. He thought they would be his new friends. But he soon found out that they were too interested in their own blurg. All they wanted from him was to use up his blurg supplies. When he ran out of blurg supplies, these new “friends” did not want to share theirs with him. After a while blurg didn’t feel so good anymore. In fact, it didn’t feel like much of anything. But JJ felt even worse when he didn’t blurg. And he didn’t really have anything to do besides blurg now. His friends were gone. He felt sick. He looked and smelled terrible. He just wanted to stop blurg, but he didn’t know how.

Debriefing • Ask: Have you ever blurred? (Students may assume this means using alcohol, tobacco, or other drugs.) If they ask what blurg means, **ask:** What do you think it means? **Entertain their answers.** Encourage them to think in terms of less hard core answers, such as doing seemingly harmless things such as watching TV, playing video games, or net-surfing excessively. **Ask:** Do you think that everyone who blurgs ends up like JJ? (They could. They don’t have to.) **Why or why not?** (Not everyone does things to excess. Some people know when to stop. Some people know enough not to try things that are harmful.) **Ask:** What advice would you give JJ about stopping? (Talk to an adult. Seek out a friend who you think might still listen to you. Pray. Find other things to do.) **Say:** Today we are going to talk about blurg and other things that are harmful in themselves, harmless if done in the right amount or harmful if done too much or at the wrong time of your life.

4 CONNECTING

A. CONNECTING TO THE KINGDOM

Present the following ideas in your own words:

You have so many choices to make in life. Being an agent of the kingdom makes it easier. As an agent you know that you should not engage in any destructive habits such as using tobacco, alcohol, or other drugs, or engaging in sexual activities before marriage. You are probably saying, But I would never do that. Perhaps, but you can develop other habits that are almost as destructive.

Watching too much TV and the wrong kinds of shows, surfing unsafe places on the Internet, playing video games for hours on end, or doing one thing to the exclusion of others are all examples of destructive behavior. These don't hurt your body as much as they do your mind (though you could get injured from doing the same motion over and over again as you do playing video games), but they do affect your spirit. These activities can help dull your connection to God. And without that, how can you call yourself His agent?

B. CONNECTING TO THE LESSON ILLUSTRATION

Ask someone beforehand to read or tell the story from Sabbath's portion of the lesson.

Ask: What was Dave's problem? (isolation, not enough other interests, not having God in his life) **Who helped contribute to the problem?** (His parents, by letting him stay in his room. His siblings for not checking on him more carefully. People in his dorm/teachers. Dave himself.) **What would you want someone to say/do to you if you were like Dave?** (How are you doing? Would you like to do something with me? I would want someone to talk to an adult about me.) **What would you have said/done to Dave if you had known him?**

(You need to get out more. What's going on with you? Invited him out and come to his room to get him out of it. Talked to an adult about him. Prayed for him.)

C. CONNECTING TO LIFE

Pose the following scenario:

You want to try out for the soccer team, but you are in terrible shape because you have been recovering from an illness. You're completely well now, but not as strong as you could be. A friend offers you "something that will help speed up the process." When you ask for more information, your friend says you take it by mouth and all the star athletes use it.

Ask: What do you do? Allow time for responses.

Present the following ideas in your own words:

Although taking something to speed up the process may seem like a good idea at first, if you think about it more, you come up with several reasons to say a big NO! First of all it's cheating. Most performance enhancing drugs are illegal for athletes to use. Second, some of these things, which may come in pill, powder, or liquid forms or may even be injected, may not be what the person giving to you says they are. They could be downright dangerous. Taking the easy and quick way could prove to be the deadly way. As agents of the kingdom, the easy way is rarely the best way. God's methods for healing (good nutrition, exercise, water, sunshine, being temperate, fresh air, enough rest, and trusting in Him) are the only safe ways to make sure that we are honoring Him with our body temples.

5 APPLYING

A. APPLICATION ACTIVITY

Have the students form teams of four, and hand each team a stack of cards or paper, a

pencil, and a six-foot strip of masking tape (alternatives to masking tape: length of string/twine, or several long lengths of cloth or scarves).

Say: I'd like your team to make a "chain" of dangerous risks that could hurt you or someone else. Make this chain by listing as many risks as you can on the cards, writing one risk per card. Then stick the cards to the masking tape, creating a chain of index cards. I challenge you to be the team with the longest chain. Ready? Go!

After two minutes, have teams hold up their chains and read the risks they thought of. Then determine which team came up with the most risks.

Debriefing • Ask: What similarities do you see in the risks listed on your chains? What differences? What makes taking risks attractive? Which risks are you most prone to take? Explain. What's the most dangerous risk you've ever been tempted to take? Did you take it? Why or why not?

Instruct each team to wrap one member in the card chain. (Make extra tape available in case teams need it.)

Share the following ideas in your own words:

When someone challenges us to do something, we like to take the challenge. But just as some of you are bound by a paper chain of risks, experimenting with behaviors such as drinking or taking other drugs, smoking, or having premarital sex can bind us. We might not understand how they bind us until we've truly messed up our lives. And that's exactly the way the devil wants it. Satan has a plan for your life, and without your knowledge, he can encourage you to try things that will hurt you. But as agents of God's kingdom, we have to follow God and resist

Satan. **James 4:7, 8 (NIV)** says, "Submit yourselves, then, to God. Resist the devil, and he will flee from you. Come near to God and he will come near to you."—*From Core Belief Bible Study Series: The*

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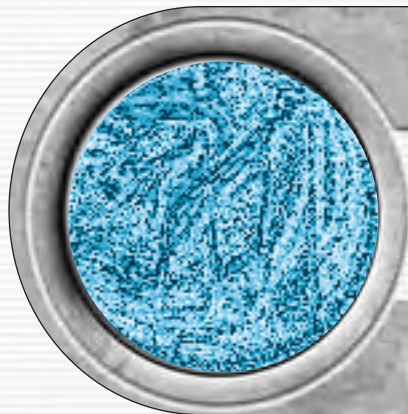
B. APPLICATION QUESTIONS

1. Are some things neither good nor bad? Why or why not? If something is neither good nor bad, how should we approach it?
2. Name five ways to resist someone who tries to get you to do something you know you shouldn't, such as try tobacco, alcohol, or other drugs, experiment with sex, or go to questionable places on the Internet?
3. What are some other habits and practices that could pose dangers to us as agents of the kingdom?
4. Is it OK to do some things just a little bit? Why or why not?
5. What would you say to a friend who is struggling with dangerous and destructive habits?
6. What are some ways to avoid becoming involved in either destructive or time-consuming habits?

6 CLOSING

SUMMARY

Have the students tear up the cards they used in the Application Activity and throw them in a bag that you as a group take to a trash bin. Have the teams pray together that God will open their eyes to Satan's schemes and that they will make the right choices. Close with a prayer of dedication for the students.



STUDENT LESSON

SUBSTANCE AND OTHER BODY ABUSES

Get a Life

March 12, 2011

>>KEY TEXT: Choose one of the texts from Wednesday's portion of the lesson. Write it here and memorize it this week.



GET A LIFE

(What connection do you think the following illustration has with the Bible texts on the other page?)

Dave and Lisa are brother and sister; so are Kate and Chris. Both sets of kids lost a parent when they were in middle school. They became step-siblings as teenagers when Kate and Chris's mother married Dave and Lisa's dad. Everything was fine the first couple of weeks, then everyone started fighting about everything. To keep the peace, their parents allowed them to each have their own computers in their rooms. Lisa, Kate, and Chris had lots of other activities to keep them busy, so they didn't spend much time on the computer.

Dave was different. He holed himself up in his basement room with his headphones on so he couldn't hear anything. Many times

he missed dinner with the family because his siblings thought he wasn't there when he didn't respond to them pounding on the door. When he went to college the computer was his only friend. He stayed in his dorm room for hours playing fantasy games online with strangers. He bought lots of soda to drink and had food delivered to his room so he wouldn't have to interrupt his 20-30 hour game playing sessions. He was short with his family when they called. Looking back he says, "I was too busy wanting to go back to the game. . . . It's almost like you would get with a drug addict."

After he almost flunked out of school, Dave realized that he had been wasting his life. He quit playing so often and got a real life that involved real people.—*From The Washington Post Magazine, Sunday, July 13, 2003.*



Sunday

HERE'S WHAT I THINK

Your friends ask you to meet them after school saying they have something for you. When you arrive, one of them is showing the others how they can get high sniffing glue they bought with their lunch money. When they offer it to you, you turn them down. One of them says, "Why not? It's not like it's illegal. It's not marijuana or alcohol." Do you agree with them? What is your response to them?

Log on to www.guidemagazine.org/rtf to post your responses. Be up-front and honest. Say what you think.



Monday

WHAT ARE THEY TRYING TO SAY?

Different people, different opinions. Some of the quotations below represent the views of true kingdom citizens; others may not. Can you tell the difference? How do these statements compare with what God is saying in His Word? After reviewing the texts in the **God Says . . .** portion of the lesson, write a statement that captures your belief. Be prepared to quote yourself at Sabbath School.

>>“As an example to others, and not that I care for moderation myself, it has always been my rule never to smoke when asleep, and never to refrain from smoking when awake.”—Mark Twain, 19th-century U.S. writer.

>>“The measure of a man’s real character is what he would do if he knew he never would be found out.” —Thomas B. Macaulay, 19th-century English historian, author, and statesman.

>>“The teenage years are a compelling time of life. It’s fascinating to watch someone invent himself before our eyes. Jeremy is a kid we can care for and we root for him to navigate his way through these years.”—Jim Borgman, co-creator of Zits.

>>“Opportunity may knock only once, but temptation leans on the doorbell.” —Anonymous.

>>“You don’t get to choose how you’re going to die. Or when. You can decide how you’re going to live now.” —Joan Baez, current U.S. folk singer.

>>“Nothing is as certain as that vices of leisure are gotten rid of by being busy.” —Seneca (5 BC to 65 AD), Roman orator, philosopher, playwright.

>>“The self is not something ready-made, but something in continuous formation through choice of action.” —John Dewey, 19th-20th-century U.S. educator.

Write your own quotation.
WHAT I SAY IS . . .



Tuesday

SO WHAT?

If I’m not using tobacco, drinking, using drugs, or having sex, what does it matter if I spend all my free time watching TV, surfing the Internet, playing video games, or participating in other activities I enjoy? you may ask.

The answer is that, as an agent of the kingdom, you are not your own. You and all that you are and have—including your time—belong to God. That doesn’t mean that you shouldn’t have down time to enjoy yourself. What it does mean is that you shouldn’t spend so much time on one activity that it crowds out time and energy for doing anything else, especially if that something else is serving others and building your relationship with God.

As agents of the kingdom, you are called to be ready at all times. It’s like being a soldier in a war. You always have to be on the alert, because you never know when or how your enemy will approach you. A lot of activities, even if they aren’t bad in themselves, distract from your mission in life which is to serve God and other people. So you have to stay plugged-in to God’s spirit so that you’ll recognize the enemy, be prepared for the enemy, and ultimately defeat the enemy in the Holy Spirit’s power.



Wednesday

GOD SAYS . . .

>>1 Corinthians 10:31 (NIV)

“So whether you eat or drink or whatever you do, do it all for the glory of God.”

>>1 Corinthians 3:16 (NIV)

“Don’t you know that you yourselves are God’s temple and that God’s Spirit lives in you?”

>>1 Corinthians 6:19, 20 (NIV)

“Your body is a temple of the Holy Spirit, who is

in you, whom you have received from God[.] You are not your own; you were bought at a price. Therefore honor God with your body."

>>Romans 12:2 (The Bible in Basic English)

"And let not your behaviour be like that of this world, but be changed and made new in mind, so that by experience you may have knowledge of the good and pleasing and complete purpose of God."

>>Philippians 4:8, 9 (NCV)

"Brothers, continue to think about the things that are good and worthy of praise. Think about the things that are true and honorable and right and pure and beautiful and respected."

>>James 1:27 (NLT)

"Pure and lasting religion in the sight of God our Father means that we must . . . refuse to let the world corrupt us."

>>James 4:7, 8 (NIV)

"Submit yourselves, then, to God. Resist the devil, and he will flee from you. Come near to God and he will come near to you."

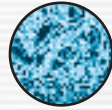


Thursday

**WHAT DOES THIS
HAVE TO DO WITH ME?**

This can be the best and the worst time of your life. It can be the best because you are young and energetic and have your whole life ahead of you. At this point, you can choose to be whoever and do whatever you want to. It can be the worst time because decisions you make now can affect you for a long time, if not for the rest of your life.

God invites you at this time in your life to choose Him and He will be with you in your entire decision-making process. Also, even if you end up doing something that you know is not best for you, He is still there ready to forgive you. He may not reverse the consequences of your unfortunate decision, but He will help you do the right thing next time. He will never leave you nor abandon you.



Friday

HOW DOES IT WORK?

Practice makes perfect. One of the best ways to avoid destructive behavior is to practice ahead of time what you will say if confronted with a temptation to do the wrong thing. Following are some situations. Write down or role play with a friend how you would respond to the following challenges.

1. A friend offers to share a substance with you that will make you feel good. When you refuse, the friend says it's legal. What do you say?

2. Girls in your school are doing inappropriate things with boys in the gym during lunch. You know everyone is supposed to be in the lunchroom at that time. What do you say when your best friend invites you to sneak into the gym with her to meet the guy she knows you like?

3. You're at your cousin's house. He has found the key to his father's liquor cabinet and has opened a bottle of alcohol. He offers to pour some into your soda bottle. "Just a little bit won't hurt," he says. What do you do?

4. You have lots of homework and chores, but you also have a new video game. Your parents won't be home for several more hours.

5. "Chewing tobacco is not like smoking it," says your brother. "Mom and Dad won't even be able to smell it on you."



